

November is

*Diabetes Awareness Month*

Let's **CELEBRATE** this month by following these **DAILY TIPS!**

<p><b>Nov 1:</b> Eat a variety of foods. Your body needs over 50 different nutrients each day.</p>	<p><b>Nov 2:</b> Exercise 150 minutes a week. 150 minutes = 30 minutes/day X 5 days.</p>	<p><b>Nov 3:</b> Turn your clocks back and change the batteries in your meter.</p> 	<p><b>Nov 4:</b> Meatless Monday! Try a great recipe idea on the Food Hub at diabetes.org.</p>	<p><b>Nov 5:</b> Remember the "ABCs" of diabetes care. "A" know your A1C goal.</p> 
<p><b>Nov 6:</b> "B" is for blood pressure; "C" is for cholesterol. Have you had yours checked recently?</p>	<p><b>Nov 7:</b> "D and E" - schedule your dental and eye exams yearly.</p> 	<p><b>Nov 8:</b> "F" is for happy feet. Examine your feet regularly.</p>	<p><b>Nov 9:</b> "G" is for GFR. Ask your doctor about your kidney function labs.</p>	<p><b>Nov 10:</b> Add whole grains to your diet. Look for 100% whole grain on the food label.</p>
<p><b>Nov 11:</b> Red-White-Blue: red peppers, cauliflower and eggplant are all non-starchy vegetables.</p>	<p><b>Nov 12:</b> Try infused water. Try adding some fresh fruit like strawberries to your water.</p>	<p><b>Nov 13:</b> Use salt-free seasoning blends and herbs to flavor food.</p> 	<p><b>Nov 14:</b> World Diabetes Day. Wear something blue today to commemorate the discovery of insulin.</p>	<p><b>Nov 15:</b> Low blood sugar is hypoglycemia. Always carry glucose tablets or a snack with you.</p>
<p><b>Nov 16:</b> Read food labels for total carbohydrates/serving.</p> 	<p><b>Nov 17:</b> Remember food safety: prepare, handle and store your foods properly.</p>	<p><b>Nov 18:</b> Use a blood glucose log to track your glucose readings or use your CGM for continuous readings.</p>	<p><b>Nov 19:</b> Wear a medical ID bracelet that says you have diabetes.</p>	<p><b>Nov 20:</b> Take a walk. Physical activity is a natural stress reliever.</p> 
<p><b>Nov 21:</b> Yoga, tai chi, deep breathing and meditation can help with relaxation.</p>	<p><b>Nov 22:</b> When dining out, request a side order of steamed vegetables.</p> 	<p><b>Nov 23:</b> Plan a home-cooked meal. Include fresh meat, vegetables and fruit.</p>	<p><b>Nov 24:</b> Monitor intake, read food labels and count carbohydrates for healthy eating.</p>	<p><b>Nov 25:</b> Got yogurt? Try Greek yogurt as a substitute for sour cream.</p>
<p><b>Nov 26:</b> Save your carbohydrates for food- avoid calorie-laden drinks.</p>	<p><b>Nov 27:</b> Avoid fried and breaded items to reduce fats and calories.</p>	<p><b>Nov 28:</b> Enjoy some turkey - a lean protein choice.</p> 	<p><b>Nov 29:</b> Slower eating = less food and more time to enjoy your meal.</p>	<p><b>Nov 30:</b> Consult your Diabetes Care Team when you have questions:</p>



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